







## SELweb EE and Choose Love Program Alignment

SELweb EE is a direct assessment of key social-emotional competencies in kindergarten through 3rd grade, including: understanding others' emotions and perspectives, social problem-solving, and self-control. Choose Love lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in Choose Love lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb. A checkmark (✓) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.

Unit	Choose Love Lesson				
		Self- Awareness	Understanding Others	Problem- Solving	Self- Control
Kindergarten					
Courage	Choose Love and Fill Buckets	✓	✓		
	The Four Ingredients of Choose Love				
	Courage and Brave Breath				✓
	Courage and Feelings - I Can Be Brave!				✓
	Feelings	✓	✓		
	Difficult Feelings				✓
	Strong Feelings				✓
	We Are Not Our Feelings				✓
	We Are Courageous				✓
Gratitude	Gratitude Breath & Gratitude in School		✓		✓
	Gratitude Soup & Gratitude Action		✓		
	Gratitude for Me				✓
	The Power of yet				✓
	An Attitude of Gratitude				✓
Forgiveness	What is Forgiveness				✓
	Forgiveness and Anger				✓
	Our Brains, Anger, and Forgiveness				✓
	Asking for Forgiveness		✓	✓	
Compassion in Action	Calling on Compassion	✓	✓	✓	
	Making Decisions with Compassion	✓	✓	✓	
	Compassion for our Similarities and Differences		✓		
	Compassion Connects Us	✓	✓		✓
	We are All Connected				
1st Grade					







Courage	Choosing Love and Filling Buckets	✓	✓		
	Feelings	✓	✓		
	The Four Ingredients of Choose Love				
	Difficult Feelings				✓
	Courage, Brain, Body, and Feelings				✓
	Strong Feelings				✓
	We Are Not Our Feelings				✓
	Listening and Being Courageous	✓	✓		
	Everyday and Extraordinary Acts of Courage	✓	✓		✓
	Positive Relationships and Friendship Skills			✓	✓
	Courage with Friends		✓	✓	
Gratitude	The Benefits of Gratitude				✓
	The Gifts of Gratitude		✓		✓
	Mindset and the Power of Yet				✓
	Gratitude for Myself				✓
	Gratitude in Action				✓
Forgiveness	What is Forgiveness?				✓
	Cutting the Cord to Anger				✓
	The Brain, Anger, and Hot Feelings				✓
	Helping Each Other Forgive		✓	✓	✓
Compassion in Action	Compassion in Action				✓
	Compassion for Self and Others	✓	✓		
	Compassion for our Similarities and Differences	✓	✓		
	Making Compassionate Decisions		✓	✓	
	We Are All Connected				
2nd Grade					
Courage	Choosing Love and Filling Buckets	✓	✓		
	Choose Love Formula				
	Feelings and Friendship	✓	✓		
	Courage, Brain, Body, and Feelings				✓
	Everyday and Extraordinary Acts of Courage	✓			✓
	Positive Relationships and Friendship Skills			✓	✓
	Courage and the Brain				✓
	Problem Solving			✓	
	Courage; It's a Wrap!				✓
Gratitude	The Benefits of Gratitude				✓
	The Gifts of Gratitude		✓		✓
	Gratitude for Myself				✓
	Mindset and the Power of Yet				✓

	Attitude of Gratitude				✓
Forgiveness	What is Forgiveness?				✓
	Cutting the Cord to Anger				✓
	The Brain, Anger, and Hot Feelings				✓
	We Can Use Words to Look After Each Others' Hearts		✓	✓	
Compassion in Action	Compassion and Belonging				✓
	Compassion in Action				✓
	We Can Show Compassion with Our Voices, Words, and Actions		✓	✓	
	Making Compassionate Decisions		✓	✓	
	Choosing Love Connects Us All				
3rd Grade					
Courage	Choosing Love and Filling Buckets	✓	✓		
	The Four Ingredients of Choose Love				
	Courage and Brave Breath				✓
	Courage and Feelings - I Can Be Brave!				✓
	Feelings and Emotions	✓			✓
	Difficult Feelings				✓
	Strong Feelings and Feelings Can Change				✓
	We Are Courageous				✓
Gratitude	The Benefits of Gratitude				
	The Gifts of Gratitude		✓		✓
	Gratitude for Myself				✓
	Mindset and the Power of Yet				✓
	Gratitude - The Great Mindshifter		✓		✓
	The Ripple Effect of Gratitude				✓
Forgiveness	What is Forgiveness?				✓
	Cutting the Cord to Anger				✓
	The Brain, Anger, and Hot Feelings				✓
	Helping Each Other Forgive		✓	✓	
	Authentic Apologies		✓	✓	
	Forgiveness Affirmations and Doing My Best				
Compassion in Action	Compassion in Action				✓
	Compassion for Self and Others		✓		✓
	We Can Show Compassion with Our Voices, Words, and Actions		✓	✓	
	Compassion for Diversity and Inclusion		✓	✓	
	Choosing Love Connects Us All				



## SELweb LE and Choose Love Alignment

SELweb LE is a direct assessment of key social-emotional competencies in 4th to 6th grade, including: self-awareness, understanding others' emotions and perspectives, social problem-solving, and self-control. Choose Love lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in Choose Love lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb. A checkmark (✓) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.

Unit	Choose Love Lesson				
		Self-Awareness	Self-Management	Social Awareness	Relationship Skills
5th Grade					
Courage	Bucket Filling--Introduction to the Choose Love Movement		✓		
	The Choose Love Formula				
	Choose Love Constitution			✓	
	Everday and Extraordinary Acts of Courage				✓
	Courage to Stand Up				✓
	Courage and the Brain				✓
	The Courage to Begin Being You	✓			✓
	Courage to Speak Up for Yourself and Others			✓	
	Positive Relationships and Problem Solving			✓	
Gratitude	Gratitude for the Earth				✓
	Gratitude for Myself	✓			✓
	Gratitude for Others		✓		✓
	Mindset and the Power of Yet				✓
	Gratitude - The Great Mindshifter		✓		✓
	Grit, Growth and Gratitude				✓
	The Ripple Effect of Gratitude				
Forgiveness	What is Forgiveness?				✓
	Cutting the Cord to Anger				✓
	The Brain, Anger, and Hot Feelings				✓
	Helping Each Other Forgive			✓	✓
	Authentic Apologies		✓	✓	
	Accepting our Flaws and Embracing Ourselves	✓			
	Compassion in Action	✓			✓

Compassion in Action	Compassion for Self and Others		✓		
	Compassion for Diversity and Inclusion		✓	✓	
	Compassion Art				✓
	Choosing <i>Love</i> Connects Us All				
6th Grade					
Courage	Choosing Love and Filling Buckets		✓		
	The Choose Love Formula				
	Choose Love Constitution			✓	
	Everyday and Extraordinary Acts of Courage				✓
	Courage to Stand Up				✓
	Courage and the Brain				✓
	The Courage to Begin Being You	✓			✓
	Courage to Speak Up for Yourself and Others			✓	
	Positive Relationships and Problem Solving			✓	
Gratitude	The Secret of Gratitude				
	Gratitude for Myself	✓			✓
	Mindset and the Power of Yet				✓
	Gratitude - The Great Mindshifter		✓		✓
	Grit, Growth and Gratitude				✓
	The Ripple Effect of Gratitude				
Forgiveness	What is Forgiveness?				✓
	The Benefits of Forgiveness				✓
	The Brain, Anger, and Hot Feelings				✓
	Helping Each Other Forgive			✓	✓
	Authentic Apologies		✓	✓	
	Accepting our Flaws and Embracing Ourselves	✓			
Compassion in Action	Compassion in Action	✓			✓
	Compassion for Self and Others		✓		
	Compassion for Diversity and Inclusion		✓	✓	
	Compassion Art				✓
	Choosing <i>Love</i> Connects Us All				